



# Salford Heart Care

## THE "PULSE" NEWSLETTER



December 2020

*Improving health & wellbeing, preventing heart-related illnesses & after-care for people with heart conditions*

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### SEASON'S GREETINGS

We might not be able to get together in person, but we'd like to wish all of our members, volunteers & supporters a very "Happy Christmas". Let's hope that 2021 is a better year with good health and happiness for everyone!

We would like to thank you all for your continued support this year. It has been a very difficult time for many people and we are still here to help. We're very grateful for the Covid-19 funding we have received from several grant providers during the pandemic. This has enabled us to continue the valuable work of our Coordinator. We would like to reassure our members that we are still here and that we plan to reopen all branches (in existing venues where possible), once it is safe to do so. The funds to support each branch are secure and we are ready and waiting to invite you all back. We're looking forward to seeing you again soon! Please give us a call or send an email if you have any questions or need support: Telephone Serena: **0161 707 7402** or email: [admin@salfordheartcare.co.uk](mailto:admin@salfordheartcare.co.uk)

### Chair Yoga Exercise with Loretta

Loretta Fox is putting together a series of chair yoga videos. You can join in online in your own time. The sessions are gentle & suitable for all levels of ability. You can view Loretta's first two videos here:

Session 1: [https://youtu.be/T4MSqCQkQ\\_s](https://youtu.be/T4MSqCQkQ_s)

Session 2: [https://youtu.be/Qj\\_016vPJ38](https://youtu.be/Qj_016vPJ38)

### Online Zoom Meetings

We're running Zoom meetings online every week to give members a chance to see each other and chat. We are also holding relaxation sessions, quizzes & bingo:



#### Tuesdays at 11am (quiz & bingo)

Join Zoom Meeting using this link:

<https://zoom.us/j/93620607098?pwd=aEJmRcTxaWQ1VzhlaU5vZ1IPMVC2QT09>

Meeting ID: 936 2060 7098

Passcode: 0i5c1H

#### Wednesdays at 11am: Relaxation

Join Zoom Meeting using this link:

<https://us02web.zoom.us/j/84254378473?pwd=Szq0VVphTm50ckJyRmlkUkJWdFY5UT09>

Meeting ID: 842 5437 8473

Passcode: 871490

#### Fridays at 11am (quiz & bingo)

Join Zoom Meeting using this link:

<https://zoom.us/j/98605399683?pwd=S05USnNUV0h5Vm1manlkV21yY3Axdz09>

Meeting ID: 986 0539 9683

Passcode: sgE3ve

**Bingo tickets:** The link to a fresh bingo ticket will be distributed by email, Facebook and WhatsApp each week – let us know if you need one.

If you have any problems accessing Zoom please get in touch and we will try to help.....we look forward to seeing you soon!

## Announcements

It is with great sadness that we announce the death of our dear member, **Joyce Garner**, aged 81 from Eccles. Joyce passed away last month after becoming ill with Covid-19. She will be missed by all her friends at the club.

*We send our deepest sympathy to Joyce's family & friends.*

## Your Christmas Messages.....

Hi everyone it's Anne from the bric a brac stall at Eccles. I just wanted to wish all of our members a very happy and safe Christmas. I will miss you all! Let's hope 2021 will be a lot better and we can get back to normal. Thinking of you all at this very difficult time xxx



*Happy Christmas to all our friends at Salford Heart Care. We're missing you dreadfully. Can't wait until it's safe to meet again. Don't eat too much Christmas pudding! .....Buster says "Woof!" (Marion's new rescue dog) ☺ Lots of love from Marion & Margaret (your weight management volunteers at Eccles) xxx*

Wishing you all a "Merry Christmas". Stay safe. Best wishes from Mavis, Norman & Carol Yarwood (Eccles).

*I hope all the wonderful members of the club have a good and safe Christmas surrounded by family and friends. Especially Rachel & Pauline, my partners in crime. Also including my lovely friends Lynne, Margaret, Betty, Jean, Chris, Lynda, Alan, Joan and Heather xxx (from Lorna, Irlam)*

Wishing you a happy Christmas and a prosperous and healthy New Year! Take care of yourselves and all of the family. From Jim & Sue Collins.

*Wishing all my friends at Healthy Hearts "Christmas Blessings" and hope to see you all in 2021! Marie Burgess (Irlam) xxx*

Merry Christmas and a Healthy Happy New Year to everybody at Salford Heart Care. We hope to see you all fit and healthy when the club reopens in 2021. Lots of love, Anne and Dave Royle xxx

*Hi to all our members. I would just like to wish you all a good Christmas and hopefully a much better New Year 2021. Keep safe and well. We must all look forward to meeting up in the Spring. Best wishes, Barbara Walker (Irlam).*

To all members at Eccles Healthy Heart Club. Sending you Christmas wishes at these hard times. All stay safe. Hopefully see you early on next year! Steven Williamson (Eccles)

*Wishing you all a very Happy Christmas and New Year! Keep safe and well and hope we can meet up soon. Jean Barr xx*

## Your Christmas Jokes.....

Who's Santa's favourite singer?

*Elf-is Presley*

What did Santa do when he went speed-dating?

*He pulled a cracker!!!*

I went to the library today and asked for a book about pantomimes.....

*they said..... "there behind you!"*

Who delivers presents to cats at Christmas?

*Santa Paws*

Why didn't Santa go to the doctors?

*Because of his bad elf*

What makes the Christmas alphabet different?

*The Christmas alphabet has Noel*

Knock knock. Who's there? Holly.

Holly who? *Holidays are here again!*

Why did the turkey join the rock band?

*He already had the drum sticks.*

Why was the snowman looking through the carrots? *He was picking his nose!*

Why did no one bid for Rudolph & Blitzen on eBay? *Because they were two deer!*

Why is it getting harder to buy Advent calendars? *Their days are numbered!*

## Covid-19 Restrictions: Update

### Salford in Tier 3 from 2 December

Greater Manchester including Salford will be placed into Tier 3 'Very High' level restrictions from 2<sup>nd</sup> December. A further review will take place by 16<sup>th</sup> December.

Tier 3 means:

- you must not meet socially indoors or in most outdoor places with anybody you do not live with, or who is not in your support bubble
- you must not socialise in a group of more than 6 in some other outdoor public spaces (the 'rule of 6')
- bars, pubs, cafes and restaurants are closed – takeaway, click-and-collect, drive-through or delivery service only
- hotels/accommodation must close
- indoor entertainment and tourist venues must close
- indoor attractions at mostly outdoor entertainment venues must close
- leisure and sports facilities may stay open, but group exercise classes should not go ahead
- places of worship can remain open, but you must not attend with or socialise with anyone outside of your household or support bubble
- wedding ceremonies and funerals can go ahead with restrictions on the number of attendees
- organised outdoor sport, physical activity and exercise classes can continue, however higher-risk contact activity should not take place
- avoid travelling to other parts of the UK, including for overnight stays

## Christmas Covid Rules

At Christmas the coronavirus restrictions will be eased to allow people to mix with a slightly wider circle of family and friends.

From 23-27 December, 3 households will be allowed to form a temporary "Christmas bubble". They can mix indoors and stay overnight. Bubbles will be allowed to meet each other:

- ***In each other's homes***
- ***At a place of worship***
- ***In an outdoor public space, or garden***

The bubbles will be fixed, so you will not be able to mix with two households on Christmas Day and two different ones on Boxing Day. Households you are in a Christmas bubble with can't be in others.

There will be no limit to the number of people in a household joining a bubble.

In England, if you have formed a support bubble with another household, that counts as one household, so you can join with two other households in a Christmas bubble.

- ***People who are self-isolating should not join a Christmas bubble.***
- ***If someone tests positive, or develops coronavirus symptoms up to 48 hours after the Christmas bubble last met, everyone will have to self-isolate.***

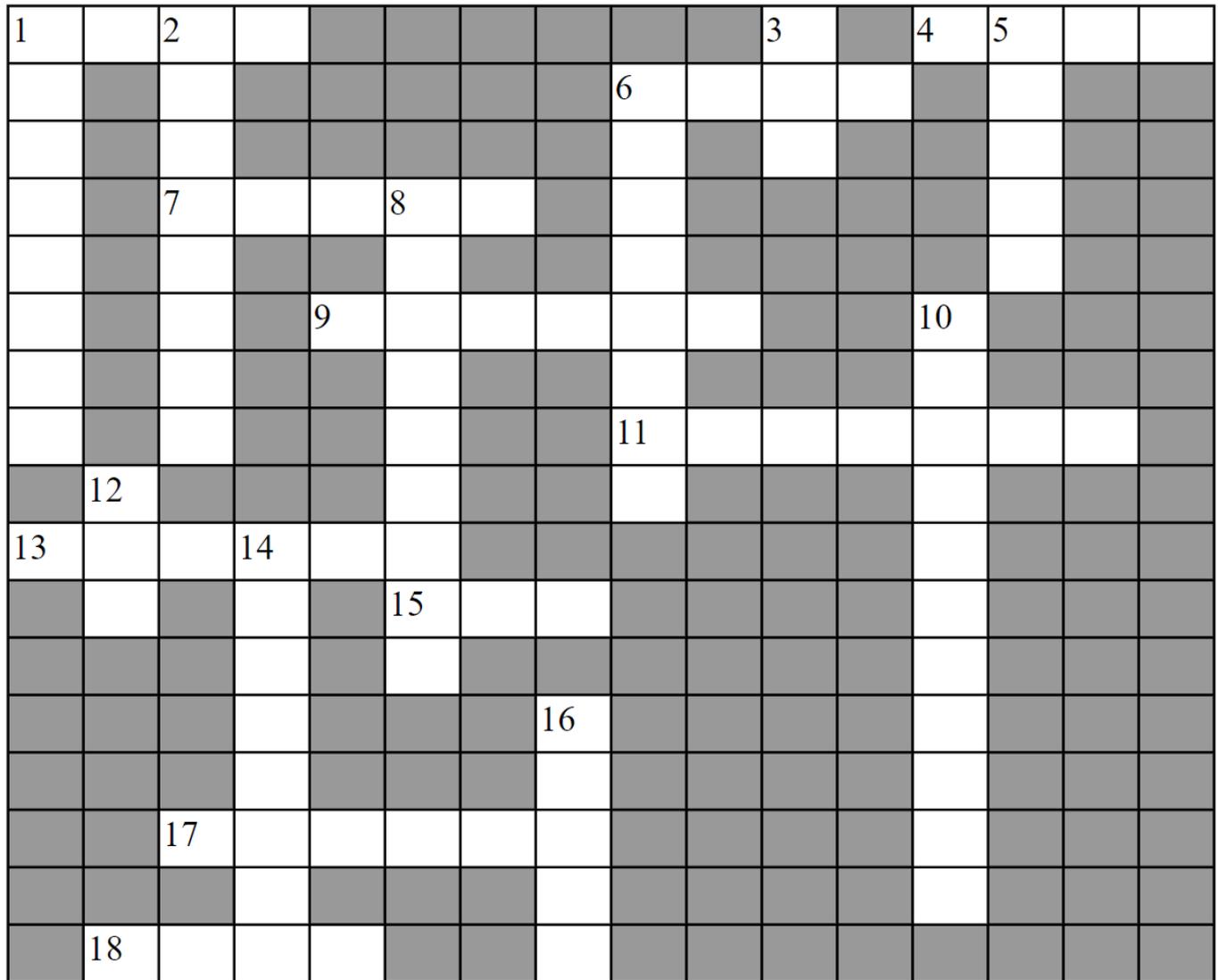
You will not be allowed to go with your Christmas bubble to hospitality settings, such as pubs and restaurants, or to entertainment venues.

You can meet people outside your Christmas bubble, but only in line with rules of the tier you live in.

## What if a family member is in an "at-risk group"?

The virus will not call a truce because it is Christmas, and will be as contagious as at any other time. Even if it is within the rules, meeting friends and family over Christmas will be a "personal judgement". People should consider the risks to themselves and others, particularly those who are vulnerable. Please stay safe and take care of yourselves.

## Brendan's Christmas Crossword – just for fun! 😊



### ACROSS

- 1. Transport to move over snow (4)
- 4. Baby's bed (4)
- 6. Christmas tree (4)
- 7. Alcoholic drink in a bowl (5)
- 9. Sanctified (6)
- 11. News (7)
- 13. Found in a stable (6)
- 15. Colour of Santa's hat (3)
- 17. Season (6)
- 18. \_\_\_\_ log (4)

### DOWN

- 1. Mixture of seasoned ingredients (8)
- 2. Twelve days after Christmas (8)
- 3. No room here (3)
- 5. Christmas bird (5)
- 6. Found under the tree (8)
- 8. Sauce that goes with turkey (9)
- 10. Jolly Christmas song (6-5)
- 12. Cured leg of pork (3)
- 14. Grace (8)
- 16. Jolly (5)



**Merry Christmas Everyone! Best wishes for 2021**

**“THE PULSE” IS PRINTED & PUBLISHED BY SALFORD HEART CARE**

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